

THE BREAKWALL

MAY 2011

USCGC HALIBUT (WPB-87340)

Newsletter



Inside this Month

- ▶ Crew Departure
- ▶ Monthly Activities
- ▶ In and Around the AOR
- ▶ SoCal Tough Mudder Event
- ▶ MK2's Recipe of the Month

CGC HALIBUT moored at Pine Ave
Pier in Rainbow Harbor, Long Beach,
Ca. Image by: SN Chad Phillips

Greetings

Friends,

Greetings! The month of May had us out patrolling in some wonderful Southern California weather. We still have many upcoming operations throughout the summer including our upcoming Change of Command in July. The HALIBUT's previous commanding officer LT Paul Miller was married on May 28th in San Diego. Congrats to Paul and Erin!

Please Enjoy.

Best Regards,
LT Charles Paris

**LIFE JACKETS
SAVE LIVES**



HALIBUT Morale



CGC HALIBUT'S Morale Fund contributes directly to the Morale, Wellness, and Recreation (MWR) of the crew. Unit ball caps and T-Shirt sales contribute directly to this fund. If anyone is interested in supporting the morale program with either a private donation or through hat & t-shirt sales, please contact:

Charles.W.Paris@uscg.mil
SEE BACK PAGE FOR ORDER

The hunt continues as more 'pangas' land closer to home. This vessel landed in Palos Verdes, Ca. Our own backyard!



CGC HALIBUT moored in Redondo Beach, Ca.

Farewell to BM1



Underway Birthday Party for BM1 Withers



Our 1LT/OPS Petty Officer BM1 Daniel Withers departed HALIBUT after two years of outstanding service and commitment. He will surely be missed. BM1 Withers is heading off to Coast Guard Sector Seattle Sector Boarding Team. Best of wishes to you and your family!



BM1 in an old picture of a lobster seizure with California Fish & Game

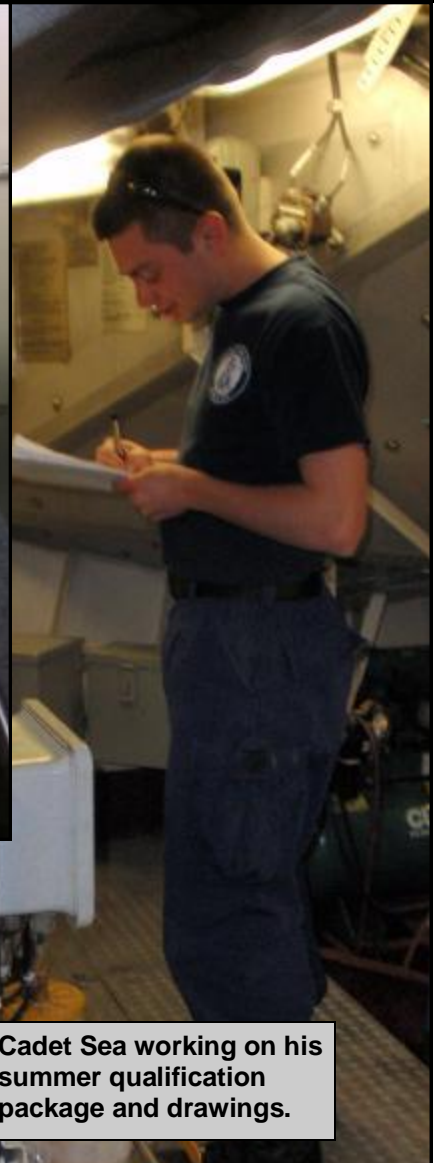
Monthly Activities



Sea Cadets help out with bilge clean ups.



.50 Cal Maintenance



Cadet Sea working on his summer qualification package and drawings.



Safety Boardings



Sea Cadet line training.

Keeping it in the AOR

LT Paris talks with a retired CG Captain who was a previous Group Commander of Harbor Defense forces in the 70's!

CG AUX Chef Keith Green cruises by while conducting a sailing class.



SN Chad Phillips provides one of his rave reviewed HALIBUT tours.



On May 21st, HALIBUT attended the first annual "Be Ready Expo" and had a turnout of over 200 visitors, great weather, and a visit from Councilman Rosendahl. Most importantly, we provided tours and knowledge to members of our local community by helping them to be better prepared for a disaster or emergency.



We were under-way when we saw this fly over on May 21st. False Alarm!



Rainbow Harbor before heading to Marina Del Rey for the Expo

TOUGH MUDDER

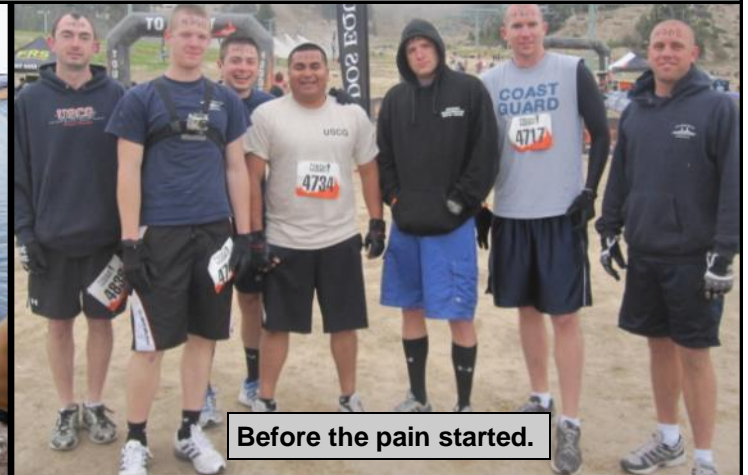
On May 29th, seven members of the HALIBUT participated in the SoCal Tough Mudder event on Big Bear Mountain. The temperature at the base of the was 33 Degrees. With over 60mph winds, the summit was at 10 Degrees. It was also snowing!



Rope Bridge across a small lake near the summit.



Hypothermia Rescue Station.



Before the pain started.

MORE TOUGH MUDDER

Tough Mudder is not your average lame mud run or spirit-crushing 'endurance' road race. It's Ironman meets Burning Man, and it is coming to a location near you. The 10-12 mile course with 22 obstacle is designed by British Special Forces to test all around strength, stamina, mental grit, and camaraderie. Forget finish times. Simply completing a Tough Mudder is a badge of honor. Tough Mudder has raised over one million dollars for The Wounded Warrior Project.



Randomly charged 10,000V electrical wires were the last obstacle before the finish.

We Did It!



OFFICIAL VIDEO

http://www.youtube.com/watch?v=bOMBESf8JNk&feature=youtube_gdata_player

MK2 Carpio's Recipe of the Month

Cooking the Coast Guard Way

Guacamole

What you will need:

- 2 ripe avocados
- 1/2 red onion, minced (about 1/2 cup)
- 1-2 Serrano chilies, seeds removed, minced
- 2 tablespoons cilantro leaves, finely chopped
- 1 tablespoon of fresh lime or lemon juice
- 1/2 teaspoon coarse salt & A dash of freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped
- Garnish with red radishes or Jicama.

Directions:

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.

Using a fork, mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours.

Keep the tomatoes separate until ready to serve.

Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready.

Just before serving, add chopped tomato and mix.



Cadet See... in Love!



Sirius Playboy Radio invited us over for a viewing of their radio show for Military Appreciation Month.

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HALIBUT Morale ORDER FORM



NEW HALIBUT Trucker Ball Caps

No. Ball Caps _____ @ \$15 each = \$_____



Back

Official USCGC HALIBUT Crew T-Shirts

No. of each Size _____XXL _____XL _____L _____M

No. of T shirts _____ @ \$20 each = \$_____



Official USCGC HALIBUT Unit Ball Caps

No. Ball Caps _____ @ \$15 each = \$_____

HALIBUT Crew Hooded Pullover Sweatshirt

No. of each Size _____XXL _____XL _____L _____M

No. of Sweatshirts _____ @ \$40 each = \$_____

Donation to Morale Fund \$_____

Please Add \$8.95 for shipping on all orders Make checks payable to

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ORDER TOTAL \$_____

Please send this order form & checks to:

**HALIBUT MORALE
13871 Fiji Way
Marina Del Rey, CA 90292**

Questions? 310.823.2300 or
Charles.W.Paris@uscg.mil

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